

# Apple Cinnamon Muffins

---

**Prep time**

5 mins

**Cook time**

15 mins

**Total time**

20 mins

---



Author: Wellness Mama

## Ingredients

- 5 eggs
- 1 cup homemade applesauce (store bought should work too)
- ½ cup coconut flour
- 2-3 TBSP [cinnamon](#)
- 1 tsp baking soda
- 1 tsp vanilla (optional)
- ¼ cup coconut oil
- 2 T honey (optional)

## Instructions

1. Preheat the oven to 400 degrees F.
2. Grease a muffin pan with coconut oil.
3. Put all ingredients into a medium sized bowl and mix with immersion blender or whisk until well mixed.
4. Let sit 5 minutes.
5. Use ⅓ cup measure to spoon into muffin tins.
6. Bake 12-15 minutes until starting to brown and not soft when lightly touched on the top.
7. Let cool 2 minutes, drizzle with honey (if desired) and serve.

Recipe by Wellness Mama at <http://wellnessmama.com/2185/apple-cinnamon-muffins/>